

Circular 1554

Mental Health First Aid Courses

Audience: Club Presidents, Club Directors of Administration and Club Directors of Education
Date: Monday 9th January 2023
Contact: Julie-Ann Fillingham
Phone: 4353 0299
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Summary	SLSCC is offering 2 positions per club for online and 1 Face to Face in Mental Health First Aid Courses being hosted in March 2023
Actions	Clubs need to determine candidates for their 2 positions and allocate these candidates to a course via the Jotform link prior to the 26 th February 2023 https://form.jotform.com/213108319713854

Each year 1 in 5 Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most do not cover mental health problems. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about.

SLSCC is proud to offer **3 free enrolments in 4 separate Mental Health First Aid Courses to all 15 clubs** within our branch.

Each club will be granted and fully funded for 3 member to participate in these courses. A total of 2 members per club for the online and 1 for the Face to Face. Clubs are encouraged to select members who are actively involved in club activities and in positions where Mental Health First Aid training would be beneficial in areas such as: Club Captains, JAC's, Club Coaches, Rookie Co-Ordinators etc.

Candidates for the course need to be minimum of 18 years of age on the date of the course.

The course comes in two forms:

Online/Blended Learning consisting of 5-7 hours pre-course online work and 2 x 2.5 hour Zoom workshops. SLSCC will be offering 3 of these courses.

Face to Face learning consisting of 2 full day workshops at SLSCC Office, Tuggerah. SLSCC will be offering 1 of these courses.

Clubs are encouraged to call for candidates, screen the applicants and then have an authorised club representative fill out the form below. 1 form per club.

The form needs to be filled out by Sunday the 26th February 2023 Candidates will be contacted directly by branch with details of their course.

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The courses will be held on the following dates:

Online Course 1 – Online/Blended – 7pm to 9:30pm – 7th and 8th March 2023 via Zoom

Online Course 2 – Online/Blended – 7pm to 9:30pm – 14th and 15th March 2023 via Zoom

Online Course 3 – Online/Blended – 7pm to 9:30pm – 21st and 22nd March 2023 via Zoom

Face to Face Course – Tuggerah – 9am to 4:30pm – 11th and 12th March 2023 @ SLSCC Tuggerah

Clubs are encouraged to call for candidates, screen the applicants and then have an authorised club representative fill out the form below. 1 form per club.

<https://form.jotform.com/213108319713854>

The form needs to be filled out by Sunday the 26th of February. Candidates will be contacted directly by branch with details of their course following nomination.

If you have any questions about the form or the training, contact Julie-Ann on 0421 222 908 or support@slscc.com.au